NEW HEIGHTS
CHURCH OF THE NAZARENE
"Our Heart is People. Our Message is Jesus."

Table Group Discussion Guide

Series: The Spacious Life | Title: "What Do We Do With Our Worries?" | November 8, 2026

*Please respect each other by keeping confidential what someone else has shared during the group time. This helps to keep the environment a safe place to show our wounds and find healing.

Looking Back (5-10 minutes)

Last week's practice: open your bank app, look at the last month, and ask — if somebody who didn't know me looked at this list, what would they say I love? Then give one thing away before Sunday. We were practicing **kindness**, one of the nine things Paul says in Galatians 5:22–23 that the Spirit grows in a person: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

1. Did you look? You don't have to say what you saw — just say whether anything surprised you. And did you give something away?

Getting Started (15 minutes)

2. What's something you spent real hours worrying about that turned out to be nothing? No judgment — we've all got one.

Fear is about the present. Anxiety is about the future.

3. Where does your worry usually live — in what's happening, or in what might?

Getting Into the Word (25 minutes)

Read **Matthew 6:25–30**. Formula: Worry = concern - control.

4. Run something you're worried about through that formula. How much concern, and how much actual control? And what would it take for you to "look up" from it?

Look at verse 30: *you people of weak faith*. Jesus isn't grading their belief — he just pointed at birds and flowers. He's redirecting their eyes. Weak faith here doesn't mean you're bad at believing. It means you're looking at something too small.

5. Has anyone ever told you — directly or by implication — that your worry was a spiritual failure? What did that do to you? And does this reading change anything?

Going Deeper with Each Other (25 minutes) *If your group has more than eight people, split into circles of three or four for these questions and come back together to pray.

When your awareness of the world outpaces your agency in the world, anxiety grows.

6. What's feeding your awareness without adding any agency? Be specific — the app, the channel, the person you follow. And what would it cost you to put it down?

Children need two things: a **safe place** — somewhere to find comfort when something upsets them — and a **secure base** — somewhere they can leave from, fail, and come back to. God is both.

7. Which of the two is harder for you to believe about God — that he's a safe place, or a secure base? That he'll comfort you, or that he'll still be there when you come back having messed it up? And where did that come from?

Pray for Each Other (10 minutes) * Before you start: wherever you are with Jesus — all in, newer at it, still deciding — you're welcome here. Nobody has to pray out loud.

Come back together as a whole group. Go around the circle. Each person names one thing they're carrying into this week — just name it, you don't have to pray it or explain it.

Then go around a second time, and this time each person prays a short prayer for the person on their right, using what they said. If you'd rather not pray out loud, say pass and the next person will pick it up.

Close by reading this over the group, out loud: "*God will help you deal with whatever hard things come up when the time comes*." (Matthew 6:34, The Message)

One Thing to Carry into the Week

This week we're practicing **peace**. (Galatians 5:22)

Tomorrow morning, before your feet hit the floor — before the phone, before the list — say four words out loud: *Thank you, Jesus. Today.* Then do it again Tuesday. And Wednesday, etc.

You're not talking yourself out of worry. You're putting one true thing in front of it before anything else gets there (priority). Paul calls **peace** fruit — it's grown, not forced. Four words is just where you make room for the Spirit to grow it. Come back and tell someone what you noticed.